



# February Newsletter

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## Quote of the Month

- "The difference between a successful person and others is not a lack of strength, not a lack of knowledge, but rather a lack of will".
- Vincent T. Lombardi

## Did You Know?

- People are burning nearly 1 billion more gallons of gasoline each year than they did in 1960 because of weight gain.
- More weight in the car means lower gas mileage.

## Separating Fact from Fiction

By Phillip Wolff



All too often we're bombarded with new age fitness advertisements and infomercials leading us to believe in some common myths about physical fitness. Unfortunately your average gym (keep in mind VERT is NOT A GYM) goes have a difficult time separating fact from fiction. However, VERT Peak Fitness Center can shed light on the situation.

Here are a few tips to help you stick to the facts of fitness when creating a training program.

- **Is spot reduction of excess body fat possible?** The answer is absolutely not! The fact of the matter is low resistance, relatively high repetition exercise on specific body parts such as hips, thighs and torso do not significantly affect fat stores. Instead it is more important to take a well rounded approach incorporating nutrition, a total body resistance training program, and cardio training. Consistency, dedication and hard work will bring the results.
- **Is explosive ballistic training dangerous?** A common belief is that ballistic training, such as jumps, and explosive movements are more dangerous and account for more injuries than conventional resistance training. This is simply not true. Most injuries acquired while performing any exercise are most likely due to a lack of flexibility and knowledge of proper form and/or exercise technique. Ballistic training is being incorporated more and more into aerobic routines, gym classes and training programs to promote fast twitch muscle growth and improved cardio output.
- **Is flexibility training necessary?** A proper flexibility program is essential in all aspects of fitness. Flexibility helps increase the range of motion of specific joints and muscle groups. Having good flexibility helps soft tissue surrounding the joint to withstand and absorb shock, protecting the joint. It also helps to store elastic energy to aid in explosive movements and to exhibit strength over a large range of motion. Exercise proficiency and safety are determined by flexibility.
- **Losing weight or losing fat?** Many times we step on the scale after a hard week of training and eating right just to be disappointed by the numbers. How come it seems so hard to lose weight? The problem is that most people looking to trim down the waist line or lose an inch or two around their thighs should be more concerned with losing excess body fat instead of trying so hard to lose weight. It makes much more sense for one to keep a record of the following measurements:
  - Circumference of waist, hips, and chest
  - Skin folds measurements
  - Percentage of overall body fat

**Like always, consistency and hard work pay off in the end.**

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## VERT Charity Events

### Crossways Corporate Challenge – June 10

- Benefits Eve Foundation (Domestic Violence), Special Olympics, SK Children Charities
- VERT is looking to sponsor two teams so sign up in the center
- Fun event and great goal to train for
- Relay – Run & Bike

### Polar Plunge – March 10 - Port Washington

- Benefits Special Olympics
- Take the plunge in the water for a great cause
- Inquire within the center for more details

## VERT Physical Therapy & Rehab

- Come in and learn about injury prevention

## Nutrition Consultation

- All clients are entitled to a free consultation with Dr. Marchetti so be sure to schedule your appointment. Call 516-695-4722
- He is a real eye opener and will have you making the right food choices.

## VERT Fit Star of the Month



### Anthony Bonomo

**Occupation:** Adelphi College Student

**Favorite VERT Exercise:** Standing & Decline Press

**Favorite Health Food:** Grilled Chicken, Spinach

**Fitness Goals:** Look and feel stronger. Improve quickness and agility.

**Fitness Achievement Highlight:** Body Fat reduced over 3%, significant strength and speed increased in less than 12 weeks. Bat speed has also improved.

**VERT Compared to Past Training:** "VERT is like no other. It is so great that the computer measures your speed reps and strength. I've never had such an advanced training experience. I Love it!!".

**Hobbies:** 2<sup>nd</sup> baseman for Adelphi Baseball

**Fun Fact:** An Assistant Horse Trainer at Belmont Racetrack. How interesting and exciting!! With VERT who knows, soon Anthony might be rivaling the horses in speed.

## PROPRIOCEPTION AND KINESTHETIC AWARENESS: Using Awareness of One's Self to Improve Exercise Performance

By Arthur Zanelli

A simple way to improve or get more out of an exercise session is to utilize our abilities of *proprioception* and *kinesthetic awareness*. These senses allow us to literally "feel" our exercises better, whether it is walking or running more efficiently, or getting the best squeeze out of our abs or our glutes. These two terms are often misused or interchanged with each other, though they refer to different senses. Even your author- with a degree in *Kinesiology* has been guilty of this on occasion. *Proprioception* refers to the internal coordination and communication between all parts of our body by the nervous system. *Kinesthetic awareness* refers to our ability to gauge where and when we are in time and space.



*Proprioception* is internal and tells where our parts are in relation to each other- if you close your eyes while you are walking, you still know or "feel" where your arms and legs are and how they are moving relative to each other. *Kinesthetic awareness* is an external sense, and tells us information about how our body is positioned relative to objects other than ourselves, such as walls in a hallway. We all deal with other people in our homes and businesses, and can never be sure of what they are doing when we are not around, but with functioning *proprioception*, your right hand will always know what your left hand is up to. Using that same analogy, *kinesthetic awareness* prevents us from stepping on anyone's toes. When driving a car, it is our *proprioception* that allows to ease on or off the brake pedal and gas pedal- you do not actively watch to see how far you are pushing. *Kinesthetic awareness* allows us to keep the required six car lengths behind the car in front of us- ahem.

Keeping with the car analogy, I hope that it becomes apparent that we can train and continually develop these senses, as with any other skill. When we first drive a new car,

## Nutropia

- Kevin Update – Since 1/15 he has already lost 15 pounds and loves the food and is never hungry.
- Nutritious Gourmet food delivered fresh daily (never frozen)
- This is the first food program that passes Dr. Marchetti's requirements, and we have asked him about many other programs.
- Sign up and mention that VERT referred you and get 40 days of food (3 meals 2 snacks per day) for only \$29.99 per day.
- Ask us for more details in the center

## Arbonne

- Check out the only skin care line we were impressed with enough to offer our clients.
- It is all botanical, hypoallergenic, and uses essential oils vs. mineral oils. Their nanosphere technology (born from cancer research) targets those skin cells that need it most.
- Ask for a sample kit and experience how much better this is for your skin than anything else out there.

## VERT Childcare Opens

- We are now offering Childcare services
- Call in advance to schedule as there are

we often give it too much gas or stop very short because we do not have the "feel" for the car. As we drive- which can be viewed as practice or training- we become accustomed to how far down we need to push each pedal. And we are not talking about inches, and perhaps not even millimeters. That touch is very fine.

This may seem technical, but we can easily call on these two senses with the right cues to get more out of exercise. To improve your abdominal workouts, each time that you curl up into a sit-up, a crunch, or a bridge, deliberately and vigorously pull your bellybutton into your spine. This will help maximize the contraction- the squeeze- of the exercise. You may even fatigue more rapidly, even without adding additional resistance or reps. When you do a squat, do not push from your knees, but rather from the back of your hips, to involve your glutes; also, push off of your heels, and not your toes. Pushing off the front of your foot will have you "talking" to your quads, instead. Whenever you work your lats, pinch your shoulder blades together towards the spine, and you will "feel" an improved contraction. To improve push-ups or bench press, try to bring your arms together across your chest, and push from the shoulders, not the elbows. You feel more in your pecs, rather than just in your triceps.

I hope that these few tips are useful. There are many, many more. Ask your VERT trainer to help you develop better communication, with yourself.

## VERT Physical Therapy & Rehab

Hi my name is Marco Palermo and I am the director of VERT Physical Therapy and Rehab. We at VERT Physical Therapy and Rehab would like a moment to introduce ourselves and tell you what we can offer you. Here at VERT Physical Therapy and Rehab we have licensed professionals rendering physical therapy services for all types of injuries, disease process, as well as preventive therapies. Aside from traditional therapies we at VERT offer state of the art therapeutic exercises incorporating the best that science has to offer. We invite you to come in and tour our facility and see what we have to offer. Look for future articles where I'll talk to you about wellness programs, injury prevention and ergonomics. We look forward to working with you and achieving your goals.



## Medical Nutrition Quiz

Dr. P. Marchetti  
Tel: 516-695-4722



For each of the following pairs of food or conditions, **circle** the one that you feel offers greater health benefits, nutrient value, or disease prevention qualities over the other. If you feel they are **essential equal** - i.e. **Equally Good or Bad**, then circle **BOTH** items.

**Anyone who gets 100% will receive 2 VERT Training Sessions Free You are indeed a nutritional expert. Schedule an appointment to review with Dr. Marchetti**

- |                                  |                              |
|----------------------------------|------------------------------|
| 1. Butter                        | Margarine                    |
| 2. White Eggs                    | Brown Eggs                   |
| 3. Hard Boiled Eggs              | Soft Boiled Eggs             |
| 4. White Rice                    | Brown Rice                   |
| 5. Soda                          | Commercial Juices            |
| 6. Low Fat Diet                  | Low Carbohydrate Diet        |
| 7. Raw Nuts                      | Roasted Nuts                 |
| 8. Almonds                       | Peanuts                      |
| 9. Total Blood Cholesterol = 220 | Total Blood Cholesterol = 90 |
| 10. Triglycerides = 220          | Triglycerides = 90           |
| 11. Serum Albumin = 3            | Serum Albumin = 5            |
| 12. Pasteurized Milk             | Raw Milk                     |
| 13. Cow Milk                     | Goat Milk                    |
| 14. Omega-3 Fatty Acids          | Omega-6 Fatty Acids          |

currently no set hours – appt. only

- \$5 per child per session

## **VERT Trains Adelphi Baseball Team**

- All 30 of the Adelphi Baseball Players are training twice a week after hours
- The head coach has already conveyed that he sees a noticeable difference in the team speed, strength, and endurance
- Please join us in wishing the team best of luck for a great 2007 season

### **Contact Us**

516-334-8378

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<http://www.vertfitness.com>

15. Dark Chocolate
16. Coconut
17. Lard
18. White Potatoes
19. Frozen Vegetables
20. White Sugar
21. White Sugar
22. Glass Containers
23. Oven Cooking
24. Aluminum Cookware
25. Stir Frying
26. Coffee
27. Beer
28. Acidic pH
29. Three Square Meals
30. Heavy Cream
31. Well-Cooked Steak
32. Eggs & Bacon and Tea
33. Raw Tomatoes
34. Avocado
35. Milk for Calcium
36. Wheat Grain
37. White Grapes
38. Fluorinated Water
39. Soy Protein
40. Vegetarianism

- Jelly Beans
- French Fries
- Partially Hydrogenated Soybean Oil
- Sweet Potatoes
- Canned Vegetables
- Brown Sugar
- Nutra-Sweet / Equal
- Plastic Containers
- Microwave Cooking
- Stainless Cookware
- Deep Frying
- Soda
- Soda
- Alkaline pH
- Grazing
- Non-Dairy Creamer
- Rare Steak
- Cereal, Banana, Toast, & Orange Juice
- Cooked Tomatoes
- Low Fat Tortilla Chips
- Cabbage for Calcium
- Millet Grain
- Red Grapes
- Non-Fluorinated Water
- Beef Protein
- Meat Eater

### **Bonus Question: A normal, healthy human intestinal tract will have:**

- |                          |                        |                          |
|--------------------------|------------------------|--------------------------|
| a. No Bacteria (sterile) | b. Very few bacteria   | c. Few thousand bacteria |
| d. 1 million bacteria    | e. 10 million bacteria | f. 500 billion bacteria  |